

February

is American
Heart Month.

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

*Be
tobacco
free*

*Eat
healthy*

*Be
active*

*Maintain
a healthy
weight*



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information on
women's health, visit
www.cdc.gov/women

Celebrating
20 years
OF PROMOTING WOMEN'S HEALTH
CDC OFFICE
OF WOMEN'S
HEALTH

